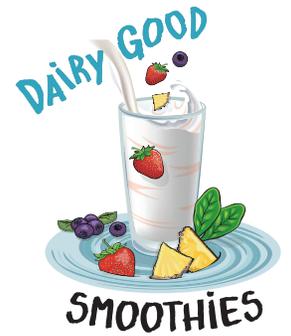


Smoothie Blend-off Guide



Basic Concept

Challenge students within your school to create and prepare a delicious smoothie recipe and an outstanding promotion plan that will encourage their peers to purchase their smoothie.

Preparation

- 1) Recruit students to participate in the blend-off and assign teams.
- 2) Secure blenders, smoothie ingredients, and items such as bowls, measuring cups and spoons.

Ingredient Pantry Suggestions

Low-fat or Fat-free Milk	Canned Pineapple	Canned Pumpkin
Vanilla Yogurt	Kale or Spinach	Canned Peaches
Cocoa Powder	Mango	Canned Pears
Cinnamon	Kiwi	Canned Apples
Vanilla Extract	Fresh Bananas	Orange Juice
Frozen Strawberries	Sunflower Seed	Mint Extract
Frozen Blueberries	Butter	

- 3) Recruit a panel of judges to evaluate each team on the following: taste, recipe creativity, promotion plan, and overall winner. Invite celebrities in your community to be a judge!
- 4) Set up blender stations on one table with the ingredient pantry on another. Distribute blender containers and measuring utensils to teams and have them take turns at the blender stations.

Recipe Development

Challenge students to create a dairy-based smoothie recipe that provides at least 1 cup of milk or yogurt, and $\frac{1}{2}$ cup of fruit or vegetable. Provide guidance on types of fruits, vegetables, and acceptable add-ins.



Promotion Plan Development

Let students be creative! How will they tell their school community about the new smoothie program? Ask them to think of fun ways to create a splash. Will they involve kids? Give their smoothie a fun name? The more elaborate and innovative they are, the better!

Suggested Promotion Plan Materials

Large Post-It Notes or Poster-Board

Colored Markers

Blend-Off Instructions

- 1) Divide each team into 2 groups. One group will work on the recipe and one on the promotion plan. Provide the designated handouts to record both the recipe and promotion plan.

Determine time frame: Students have ____ minutes to develop a recipe & plan and ____ minutes to present it to the judges.
- 2) Students present sample portions and promotion plan to the judges.
- 3) Judges evaluate and award winners based on the following: Taste, Recipe Creativity, Promotion Plan, and Overall Winner.
- 4) Provide incentives for those who participate and grand prizes for the winning recipes. Add the winning smoothie to your school meals menu, and provide the recipe to students to make at home.

Bring it to the Classroom!

Put those blenders to use in the classroom, and earn some extra funds for your program by offering smoothie parties for classroom celebrations. Classrooms often hold celebrations for student birthdays and other special occasions, and many schools are looking for healthy alternatives. Consider creating a catering menu that can be offered to parents and teachers that includes smoothies and other healthy snack options. Bring your blenders and ingredients right into the classroom, and whip up a good time!

